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Your essential daily news | TUESDAY, DECEMBER 8, 2015

High 5°C/Low -6°C Mix of sun and cloud

Accordionist Darcy North, Florence Shustack and Avremy Matusof practise their chops in preparation of the menorah lighting ceremony at City Hall on Monday.

BRODIE THOMAS/METRO



LIGHTS, SOUND, HANUKKAH!

Jewish holiday began Sunday evening and ends on Dec. 14

Some roads could slow to 40 km/h

MCKENZIE TOWNE

Community taking steps to change limits



Helen Pike
Metro | Calgary

Several Calgary communities are hoping to slow drivers on community roads — and for one neighbourhood the answer might be around the corner.

In the new year, Coun. Shane Keating will be putting forward a motion to have administration work with the community of McKenzie Towne, where residents have asked to change the speed limit to 40 kilometres per hour.

"As a community association the only thing we have to do is change the speed signs," said Jaydel Gluckie, the McKenzie Towne Community Association President.

Keating explained there would be a big investment into awareness, policing and even signage to change a speed limit. "There has to be some fairly massive public engagement on this and have a real buy-in from the complete community," said Keating.

Gluckie said he's afraid that because the streets are so narrow, if someone jumps out in front of the vehicle, cars have

less time to spot them and stop.

"The streets of McKenzie Towne are very skinny.... If there's a bus coming on one of the routes, even though it's a major route, you have to pull over," he said. "I don't think I drive 50 kilometres down the street anyways."

Last week Okotoks announced it would be moving to 40 km/h zones in residential areas. Airdrie has had a 30 km/h regulation in place for nearly 30 years and Jodi Morel with SlowdownYYC congratulates these communities.

"I think it's a fantastic thing," Morel said. "I think it's a challenge for a city the size of Calgary to do it because of the cost."

Morel said they've tried lowered speed limits in Edmonton communities and after a year, most opted to keep the lower limits.

Coun. Druh Farrell said she hopes the initiative doesn't have to be piecemeal as many of her Ward 7 communities have been waiting for drivers to slow down too.

"Communities are desperate for it," said Farrell. "I would say almost every community in my Ward would be interested.... Let's do it city-wide."

Communities like Chinook Park, Kelvin Grove and Eagle Ridge, along with Mount Royal and Acadia, have been looking for calming measures since 2006.



University launches new mental health strategy

EDUCATION

Student hopes U of C admins put weight behind words



Jeremy Simes
For Metro | Calgary

Health sciences student Christian Farrier is hoping the University of Calgary's new mental health strategy doesn't collect dust on a shelf.

The strategy — a lengthy document — was announced by U of C administration Mon-

day afternoon.

It aims to create a flourishing and caring campus, where students, faculty and staff are comfortable to talk about their mental health and can easily seek help.

Farrier knows all too well how the stresses of university can affect students.

He said his brother has struggled with his mental illness for his entire life.

"It's a long journey for any family," he said. "It's hard to walk the line of being supportive but not being enabling."

"I just know how hard it can be for students, too. They need help to manage a full course load and deal with mental health challenges," he added.

"So that's why I'm excited to see this (strategy) — I think it's going to give people the best chance to succeed in university."

In 2014, a mental health task force was created, calling on representatives from across the school to weigh in on what the strategy should include.

Debbie Bruckner, the senior director of student wellness, chaired the working group that developed the strategy.

She said the need for a strategy became apparent after a university survey revealed alarming results about students' mental health.

The survey said 90 per cent of students felt overwhelmed, 64 per cent felt lonely, 58 per cent felt overpowering anxiety,



Health sciences student Christian Farrier hopes the U of C acts upon the mental health strategy presented Monday. JEREMY SIMES/FOR METRO

and eight per cent said they seriously considered suicide.

The tragic Brentwood murders in 2014 also took a toll on the campus, she added.

"I see the strategy as a total game-changer," she said.

"We're really looking at the whole picture: stigma reduc-

tion, early intervention, actual direct service and research. It's the entire picture which makes (the campus) more sustainable."

There are 28 recommendations for those six strategic areas.

Bruckner said it won't sit on a shelf and will continually be

looked at, so adjustments can be made.

Farrier said he's excited to see what the results are.

"It's an opportunity for everyone to hold each other accountable and work to the betterment of the university," he said.

HEALTH

Infant on life support granted reprieve

Though it's not exactly what they hoped for, both Will Mammo and Anna Motsyk are thankful their daughter Hermella will be able to stay on life support for just a bit longer.

The decision came down late Monday afternoon, as Assistant Chief Justice John Rooke granted a temporary injunction on Hermella's file, adjourning the case until Jan. 4 at 9 a.m.

"We're very grateful for what had happened in court today," Mammo said, as tears welled in his eyes. "It's so emotional. We're just so happy. She will recover."

Eight-month-old Hermella would've been taken off life support come Thursday if the court injunction didn't pass.

Hermella, who is currently in the Alberta Children's Hospital, was diagnosed at two months old as the youngest ever documented patient with an adrenal cortical tumour, an extremely rare form of cancer.

After successful treatment of the tumour in Toronto, Hermella experienced a setback when she was diagnosed with a rare spinal cord and brain stem virus and pronounced brain dead.

According to Mammo, Hermella has been improving. He said she can open her eyes, move her feet and responds to voices.

The couple must have documented evidence to support their claim that she is improving.

"If there's anyone out there who can provide us with legal advice on this case, we'd really, really appreciate it," Mammo said. JEREMY SIMES/FOR METRO

+ SIX KEY STEPS

The framework of the strategy includes:

- Raising awareness and promoting well-being.
- Developing resilience and self-management.
- Enhancing early identification and self-management.
- Providing direct service and support.
- Aligning institutional policies, processes and procedures.
- Creating and sustaining a supportive campus environment.



Police released a composite sketch of the suspect on Monday. COURTESY CALGARY POLICE

POLICE

Sketch of attempted child abduction suspect released

Calgary police are hoping a composite sketch of a man suspected of an attempted child abduction will help jog the public's memory and assist in their case.

According to police, an attempted child abduction at a corner store in Varsity last week wasn't caught on CCTV, so in order to find the suspect they have had a composite drawing of the suspect sketched.

Police said that at approximately 12:30 p.m. last Tuesday a child was approached by a stranger while inside a convenience store at 4615 Valian Dr. NW. The male suspect threatened the 12-year-old, who was able to escape by running to a nearby school where they reported the incident to police.

The suspect has been described as a white man in his 40s, standing at a height ran-

ging between five-foot-eight and five-foot-eleven.

The man is reported to have been wearing a brown jacket, brown pants and may have "smelled of campfire and alcohol," according to police.

Police also noted that it's possible the suspect was driving an older model '90s two-door sedan. The vehicle is described as grey, and did not have a licence plate.

METRO STAFF

IN BRIEF

Alberta firm no-shows trial in child labour case

A trial has not gone ahead as expected for an Alberta company facing child labour and safety charges in a 14-year-old boy's fall at a work site.

The teen was working on the roof of a home in Lacombe in July 2014 when he fell nearly four metres and had to be hospitalized.

Vital Contracting of Air-drie is charged under occupational health and safety standards of unlawfully employing someone under the age of 15.

The company's lawyer was unable to proceed in court because company operators Kalika Northrup and Lee Oliver Northrup didn't show up.

The Crown said the Northrups either have no interest in the proceedings or are wilfully avoiding the matter.

Warrants have been issued for the Northrups and the case is to be back in court on March 4.

If found guilty, the company could be fined up to \$100,000 and each individual could face a \$50,000 fine. THE CANADIAN PRESS



Students decorate their gingerbread house, which will be auctioned off to raise money for Habitat for Humanity.

AARON CHATHA/METRO

Gingerbread for humanity

CHARITY

Local students want to raise \$5K with sweet design skills



Aaron Chatha
Metro | Calgary

A solid foundation of icing, sprinkles for window frames and a meticulously selected red gumdrop doorknob — McKenzie Towne School students spent Monday building the perfect homes for Habitat for Humanity.

Gingerbread homes, that is. “We thought it would be a great way for our students to build something, in the name of Habitat for Humanity, since we can’t actually take them to a real build site,” said resource teacher Bobbi Kivi.

“It teaches them a lot about citizenship and how we can be active members of our com-

munity, and how we can pay it forward by doing something for somebody else.”

Some students concocted elaborate designs for their houses. Others took a more straightforward approach.

However, that doesn’t mean placing gumdrops was all fun and games — Kroteau said she recognized how important it was to support Habitat for Humanity.

“We think it’s really important that everyone has a safe, healthy home that they can feel safe in,” she said.

“Everyone should have a decent home,” added classmate and candy co-architect, Ana Kangsuwan.

Kivi said the school has raised more than \$20,000 over the past two years for Habitat for Humanity Southern Alberta.

The gingerbread houses they’re making this year will be auctioned off to parents after the school’s Christmas concerts this year.

They’re hoping to raise \$5,000 through this event.

HERITAGE SITE

Council moving forward on Eau Claire



Brodie Thomas
Metro | Calgary

Council spent the better part of the day discussing the possible redevelopment of Eau Claire Market on Monday.

And when they were done, there was still some confusion about what could happen at the site.

Harvard Properties Inc. is pro-

posing a new collection of five towers at Eau Claire, although all that was up for discussion was land use amendments — the broad strokes of what might be built at the site.

While most councillors and project supporters agreed that the development as proposed is beautiful, many residents were worried about a proposed office tower, which the developer says is necessary to make the site feasible.

Jim Hughes, president of the Eau Claire Community Association, said the area is meant to be primarily residential, and that the city cannot have a vibrant downtown core without residents and shops.

“There is one aspect of the proposal we cannot support and that is the incorporation of the large office block in the project — space that could be used alternately as further residential.”

The other item of concern is the smokestack, which is a registered heritage structure.

The developer assured council that the iconic smokestack will be preserved, but moved in one piece from its current location.

Heritage advocates, such as Scott Joliffe, chair of the Calgary Heritage Authority, would rather see development take place around the smokestack, even if it ends up inside an atrium.

The gifts don't have to end.



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WIND

LAWSUIT

Former columnist harbours no ill will for “Scud Stud”

Don Martin, who penned an article about Arthur Kent during the 2008 Alberta provincial election, says he held no ill will toward the former journalist who was running for office.

Kent, who became known as the Scud Stud for his

Gulf War reporting on U.S. television, is suing Martin, the National Post and Postmedia over the article, which was headlined “‘Scud Stud’ a ‘Dud’ on the Election Trail.” Martin was taken line by line through his article and asked where he received his information.

THE CANADIAN PRESS

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CATHOLIC SCHOOLS

District cancels all international trips



Aaron Chatha
Metro | Calgary

The Calgary Catholic School District has cancelled all international travel planned for this school year in the wake of recent global events.

"We have made the decision to put all international travel on hold, and we will revisit the decision in September 2016," said Tania Younker, director of communications.

Younker said the school district consulted with teachers, insurance and tour companies, trustees and other districts in the province to make what she called a fairly quick decision — allowing them to minimize the effect it will have on trips that

are already planned or in the planning stage.

Trips within Canada won't be affected by this decision, the district said.

"The incident in Paris, the incidents that were taking place in Belgium, the recent incident in the States," Younker said. "We just felt at this point

“

We have to be cautious about the safety of our staff and students.

Tania Younker, CCSD

in time, we have to be a little cautious about the safety and well being of our staff and students. We couldn't ensure that was the case with some of these events that were going on."

The announcement comes after the Edmonton Catholic School District decided to halt international travel, and the Calgary Board of Education paused international travel while it collects feedback from students, parents and staff.

PEERS KILLINGS

RCMP search uncovers arsenal

RCMP say a search of a property where officers shot a suspect wanted in a triple homicide west of Edmonton revealed more than 30 firearms, some of them loaded.

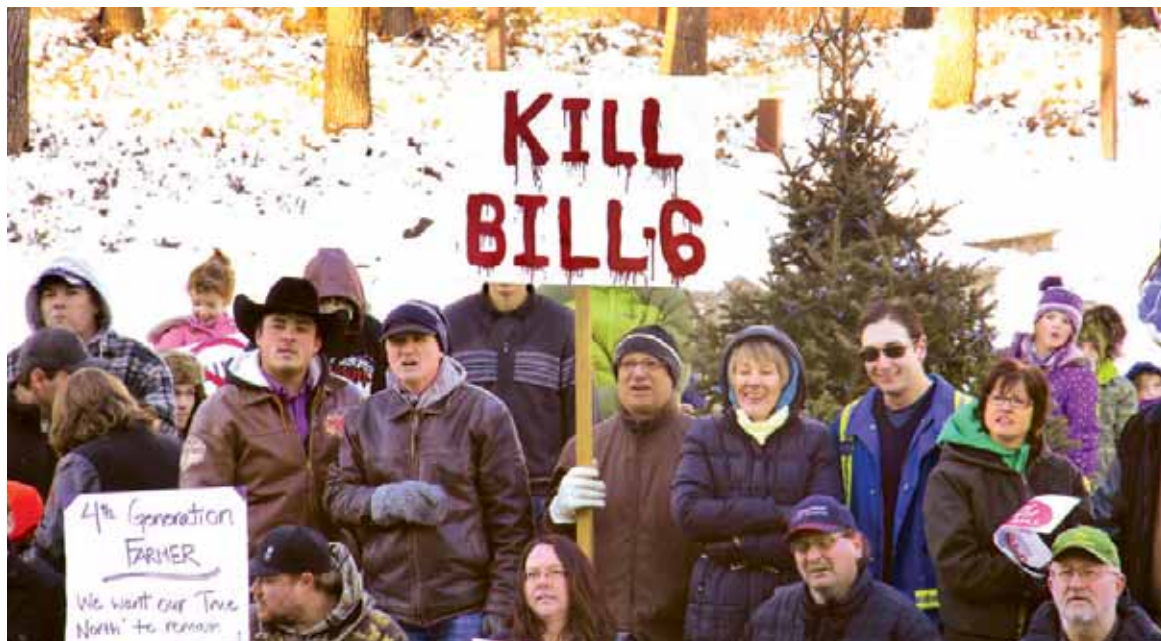
Mounties say officers also found illegal ammunition magazines, bullets, body armour and stolen property.

Mickell Bailey, 19, of Edson, has been charged with two counts of first-degree murder

and one count of second-degree murder in last week's deaths. Police say further charges are pending.

The victims, found in a home near Peers have been identified as Daniel Miller, 46, Roxanne Berube, 36, and her 16-year-old daughter, Jazmine Lyon.

Bailey, who was treated in hospital for a gunshot wound, is to appear in Edson provincial court Dec. 15. THE CANADIAN PRESS



Farm families protest the NDP farm safety bill; the government has excluded family and friends from coverage. RYAN TUMILTY/METRO

NDP backs down on farm safety bill

PROTESTS

Legislation will exclude family, friends from rules



Ryan Tumilty
Metro | Edmonton

With protests growing across Alberta, the NDP government made further changes to its farm safety legislation Monday to exclude family and friends from its proposed workplace rules.

The amendments specifically exclude family members

and volunteer helpers on farms from coverage by either the Worker's Compensation Board or Occupational Health and Safety legislation.

The government previously indicated that a provision would be included in regulations to address that concern, but it's now specifically part of the bill.

Paid workers on farms, who aren't members of the farmer's family, will be covered by both agencies — but only for the period when they are on the farm, in the event they are seasonal labour.

Agriculture Minister Oneil Carlier said the government is clarifying the bill to make sure it stays true to its origin-

al intent — protecting farm workers.

"The intent of this bill always has been and still is to re-

“

It's a step forward. We can work with farmers and ranchers to do further education.

Lori Sigurdson,
labour minister

duce the number of workplace fatalities on farms," he said.

The government is also promising to work with farmers on further regulations for

their industry over the next 18 to 20 months, but says it will not delay passing the bill.

Four children have died in farm accidents in Alberta in just the past three months.

Labour minister Lori Sigurdson admitted the NDP's safety bill would not give the government the ability to investigate those tragedies or recommend changes.

Progressive Conservative interim leader Ric McIver said the amendments show the government didn't properly consult farmers and they should abandon the legislation.

Wildrose critic Jason Nixon said legislation should be dropped and the government should start again.

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Calgary Hitmen dole out holiday teddy bear cheer

CHARITY

Over 50 groups will distribute piles of stuffed toys to kids



Jeremy Simes
For Metro | Calgary

It was a record breaking Calgary Hitmen Teddy Bear Toss, as a sold-out crowd threw 28,815 stuffed animals onto centre ice Sunday afternoon at the Scotiabank Saddledome.

Roger Cote, with Kiwanis Calgary Northmount Club, was on hand early Monday morning collecting 600 bears from the Hitmen.

"It's about doing your part in society and helping people out, so all the kids can enjoy Christmas," he said. "It's just a little extra something for them."

Morgan Scott, community relations co-ordinator with the Ronald McDonald House, said the organization is taking about 70 bears for kids in hospital.

"I'm hoping they're really excited to see what they look like — that surprise of getting something they're not necessarily expecting," she said. "There's a lot going on at the house and a lot of stresses, so something as simple as this can be really special."

Mike Moore, the Hitmen's general manager, said he can't thank the fans enough for their outpouring of support.

"The bears generously donated today will go a long way to helping many deserving char-



Farley The Fox jumps into a pile of stuffed animals that will be going to kids in need this holiday season. JEREMY SIMES/METRO



There's a lot going on at the house and a lot of stresses, so something as simple as this can be really special.

Morgan Scott

ities this holiday season," he said.

The teddy toss goal was scored by No. 17 Jordy Stalard early in the second period Sunday, tying the game after the Swift Current Broncos scored midway through the first period.

The Hitmen went on to win

the game 2-1 that afternoon, after Jake Bean scored the shootout winner.

More than 50 agencies will benefit from the free-throw fur fiesta, including the Calgary Food Bank, Stephen's Backpacks, the Salvation Army and Siksika Children's Services.

28K

More than 28,000 teddy bears rained down on Scotiabank Saddledome ice Sunday in the 21st annual Calgary Hitmen teddy bear toss. The Hitmen won 2-1.

IN BRIEF

Roomba thief sought by Airdrie RCMP

Airdrie RCMP are looking for a thief who walked out of a Airdrie London Drugs store with a number of items — including a Roomba vacuum.

RCMP said on Nov. 28, at 3:10 p.m., a man entered the store and soon exited, without making any attempt to pay for his items. Staff noticed and attempted to speak with him — at which point he quickly fled.

Staff recovered the stolen items a short distance away.

The man is described a white, in his 30s, with blonde hair and a clean shave. He was wearing a dark Under Armour jacket, and a dark shirt.

If you have information, please call the Airdrie RCMP at 403-945-7267. METRO

Police warn public after high-risk offender's release

Calgary police are warning the public of the release of a high-risk offender.

Jeremy John Emmelkamp, 37, served a 34-month sentence for uttering threats and criminal harassment, according to police, and is now set for his release.

Emmelkamp's previous convictions include assault, mischief, resisting arrest, possession of a controlled substance for the purpose of trafficking and possession of a controlled substance.

His past offences were committed in Calgary, Banff, Lethbridge and Nelson, B.C. Police said he will now be monitored by the Calgary Police Service High Risk Offender Program.

Police said they are issuing information and a warning after careful deliberation and consideration of all related issues, including privacy concerns. METRO

RCMP ask for public's help after injured woman dies

Mounties are investigating the death of a woman who was found injured on a gravel road near an Alberta reserve.

Christy Ramone Crane was discovered Sunday on the rural road near the Samson Cree Nation, south of Edmonton. The 25-year-old, who was from the nearby community of Maskwacis, suffered serious injuries.

She was taken to hospital, where she later died.

RCMP say they don't know if her death is criminal and are asking the public for information in the case.

THE CANADIAN PRESS

DEMOLITION

Mayor not so sad to see Cecil get torn down



Helen Pike
Metro | Calgary

Calgary's Cecil Hotel is set to hit the demolition block — a week-long process that will see the 1912 building tumble — but Mayor Naheed Nenshi won't be sad to see the relic go.

The historic Cecil Hotel was dubbed "beyond repair" this summer after numerous investigations into the integrity of the building. The Calgary Municipal Land Corporation

(CMLC) now has permits for demolition, and the process will begin Dec. 8.

"I want to be wistful about this because as you know I am really, really interested in heritage and preserving heritage assists wherever we can, but I gotta tell ya, there are too many bad memories associated with that place," Nenshi told reporters Monday.

"I'm actually not sad to see it come down."

Others weren't so glad to see the building destroyed. Coun. Druh Farrell said she

quite liked the building.

"I had hoped we'd be able to save it, at least a portion of it," said Farrell. "The best that CMLC could do at this point would be to save some of the bricks."

The demolition is expected to take five to seven days.

In August, CMLC said they were working to remove any salvageable elements of historic value from the building. The Cecil Hotel neon sign was taken down the same week for restoration and was then put into storage.



The historic Cecil Hotel was dubbed beyond repair this summer after numerous investigations. METRO FILE PHOTO

66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping \$5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good



Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

deals in U.S. property?" The answer is an emphatic YES.

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- How to close property deals over the phone in 9 minutes or less

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Debate sees sparks flying

GOVERNMENT

Ambrose grills Trudeau on withdrawal from Syria

Canada's 42nd Parliament got down to business Monday, with the often-promised new era of civility sounding a lot like a brittle rehash of the federal election campaign.

Prime Minister Justin Trudeau, interim Conservative leader Rona Ambrose and NDP Leader Tom Mulcair used a debate on last week's throne speech to refight some of the same election battles, with

sparks flying between Liberals and Tories in particular.

Ambrose issued a scathing critique of the new Liberal government's throne speech, which was itself a recap of Trudeau's election promises.

Echoing the same criticisms levelled throughout the campaign, she called the Liberal plan a recipe for intrusive government that thinks it knows best how to spend Canadians' money.

Treasury Board President Scott Brison questioned how Ambrose could make such an accusation when she had been a minister in what he termed "one of the biggest spending governments and the most wasteful govern-

ments in Canadian history." The previous Conservative government added \$150 billion to the national debt, he added.

The exchange prompted Ambrose to observe: "I think it's been 25 minutes and the sunny ways are over."

But Ambrose was no slouch when it came to partisan shots.

She took aim at Trudeau's vow to withdraw Canadian fighter jets from the allied bombing campaign against radicals in Syria and Iraq.

Mulcair struck a more conciliatory tone, promising to work with the government "when our values and our policies coincide." But he took the opportunity to recycle a number of planks from the NDP platform, urging Trudeau to hike taxes on large corporations and introduce a \$15-an-hour federal minimum wage.

THE CANADIAN PRESS



“The question that every taxpayer wants us to ask this government is: where will the money come from to pay for all of this?” Rona Ambrose



Prime Minister Justin Trudeau receives applause from the bench after speaking in the House of Commons regarding his party's throne speech, in Ottawa, on Monday. THE CANADIAN PRESS

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EXPORTS

Chinese main buyers of polar bear fur: Study



A study shows **Chinese consumers** are main buyers of Canadian polar bear exports. ISTOCK

A new analysis shows Chinese consumers with an appetite for luxury have taken over from American sport hunters as the main buyers of Canadian polar bear fur.

But the study to be presented this week at a conference in Vancouver concludes there's no reason to believe that the sale of bear hides or other parts threatens the animal's future.

"This increasing Chinese

TRADE

Canada is the only country in the world that allows commercial trade in polar bears.

market may have stimulated some increased hunting, but really what it did is stimulate increased exporting," said Ernest Cooper, a consultant who is to present his find-

ings Wednesday at ArcticNet, which brings together Arctic researchers from all fields.

Canada is the only country in the world that allows commercial trade in polar bears.

Cooper, whose work has been sent to all governments that manage polar bears, found the number of hides exported by Canada has been gradually rising to 400 in 2013 from 266 in 2005 — although 2014 saw a sharp

drop. The main market for the hides used to be American sport hunters returning home with their trophies.

But after the United States made importing the hides illegal, the trade shifted to China.

The Asian country bought 12 hides in 2005, but accounted for 42 per cent of all hides exported from Canada between 2010 and 2014.

THE CANADIAN PRESS

GOLDEN PALACE

Egg rolls to travel the country



Haley Ritchie
Metro | Ottawa

They just can't get enough of Ottawa's egg rolls.

Canadians across the country will now be able to order Golden Palace egg rolls after the restaurant announced Monday it is partnering with Shopify and FedEx.

Ironically, the restaurant doesn't do local delivery for takeout, but you can now log

on to their new website and have a box of egg rolls shipped anywhere in the country within 24 hours.

"This idea has been on our radar since I took over the restaurant five years ago," said Bill Kwong, the third-generation owner of the restaurant. "I'm now the owner and a bit more tech savvy and it's been on the radar since then."

Golden Palace will turn 56 this year and its "famous egg rolls" have been doing a lot of travelling lately.



En Ning, a cook at the Golden Palace, displays freshly deep-fried egg rolls.

LUCY SCHOLEY/METRO

IN BRIEF

Duffy trial resumes with testimony from new speaker

New Senate Speaker George Furey told the Mike Duffy fraud trial that the upper chamber's spending rules didn't need to spell out every detail of what was allowed to be expensed because much of it was "self-explanatory". Furey said there is nothing in the Senate's rules that says he can't pay someone to cut down trees on his property, but senators should know that expensing such activities is not permissible.

THE CANADIAN PRESS

Liberals to start inquiry into missing and murdered indigenous girls

The Liberal government will begin laying the groundwork for a national inquiry into missing and murdered indigenous girls by announcing details of a consultation process Tuesday afternoon. Indigenous and Northern Affairs Minister Carolyn Bennett, Justice Minister Jody Wilson-Raybould and Status of Women Minister Patricia Hajdu will reveal the details in the House of Commons Tuesday. TORSTAR NEWS SERVICE

ET THEIR STUFFED.

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San Bernadino mourns, returns to work

MASS SHOOTING

Community reels as details emerge about radical shooters

Thousands of employees of San Bernardino County began returning to work Monday, five days after a county restaurant inspector and his wife opened

fire on a gathering of his co-workers.

The reopening of much of the government's offices signals an effort to return to normalcy for a community that has been in shock and mourning since Wednesday's attack killed 14 people and injured 21.

"To honour them, to express our gratitude for their unimaginable sacrifice, we have to fight to maintain that ordin-

ary," San Bernardino County Supervisor Janice Rutherford said Monday.

The Board of Supervisors said at a news conference that all facilities have increased security, including armed sheriff's patrols, and officials were considering additional permanent safeguards.

Investigators were looking into what led Malik, 29, and Farook, 28, to attack Farook's co-workers. The couple had been

radicalized and had taken target practice at area gun ranges, in one case within days of the attack that killed 14 people, the FBI said Monday.

"We believe both were radicalized and had been for some time," said David Bowdich, assistant director of the FBI's Los Angeles office. But he said investigators are still trying to establish precisely when, where and by whom they were influenced. THE ASSOCIATED PRESS



Gary Mendoza, and his son Michael pay their respects at a makeshift memorial site. JAE C. HONG/THE ASSOCIATED PRESS

POLLUTION

Beijing issues first red alert for smog

Beijing issued its first-ever red alert for smog on Monday, urging schools to close and invoking restrictions on factories and traffic that will keep half of the city's vehicles off the roads.

The red alert — the most serious warning on a four-tier system adopted a little over two years ago — means authorities have forecast more than three consecutive days of severe smog.

An online notice from the Beijing Municipal Environmental Protection Bureau said it issued the alert to "protect public health and reduce levels of heavy air pollution."

Beijing hotel staffer Fan Jing-

long said the smog forecast was "really worrisome."

"We have no choice but to step up preventative measures like wearing a mask outdoors at all times," he said.

1.4M

A study led by atmospheric chemist Jos Lelieveld estimated that 1.4 million people each year die prematurely because of pollution in China.

Readings of PM2.5 particles climbed toward 300 micrograms per cubic metre on Monday and are expected to continue rising before the air begins to improve with

the arrival of a cold front on Thursday.

The World Health Organization designates the safe level for the tiny, poisonous particles at 25. THE ASSOCIATED PRESS



Visitors, some wearing masks to protect themselves from pollutants, take a selfie in Beijing. ANDY WONG/THE ASSOCIATED PRESS

IN BRIEF

France's National Party sweeps regional elections
France's far-right, anti-establishment National Front has ridden a wave of anger over migration and extremist attacks into the political mainstream. THE ASSOCIATED PRESS

U.K.'s Muslim community rallies around viral slogan
It's become the rallying cry of many defending the faith: "You ain't no Muslim, bruv." The comment, heard in a video following a stabbing at a

London train station, has been trending on Twitter and adopted by PM David Cameron. THE ASSOCIATED PRESS

U.S. Justice Department to investigate Chicago police
The Justice Department will investigate patterns of racial disparity in the use of force by Chicago police officers as part of a wide-ranging probe that could lead to calls for sweeping changes at one of the country's largest police departments. THE ASSOCIATE PRESS

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CMP PRICE: \$14,988
- MINIMUM \$1,000:
\$13,988
\$89/week⁷ 5.49% FOR 60 MONTHS

2015 GMC acadia SLE
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CMP PRICE: \$30,998
- MINIMUM \$1,000:
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CBC hopes for better year

MEDIA

Scandals, steep budget cuts in 2015 took toll on broadcaster

It's been a heck of a year for the CBC — a scathing report denounced managers for their handling of the Jian Ghomeshi affair while former anchors Amanda Lang and Evan Solomon faced controversies of their own.

All the while, the CBC continued to grapple with steep budget cuts that slashed news broadcasts, gutted sports and documentary divisions and put for sale signs in front of aging facilities.

But with a more CBC-friendly Liberal government now holding the purse strings, could things finally be looking up for the beleaguered public broadcaster?

Many observers seem to think so.

"The people that are the custodians of this publicly owned institution no longer seem to



The CBC building in Toronto. With a more CBC-friendly Liberal government now holding the purse strings, things could finally be looking up for the public broadcaster. THE CANADIAN PRESS FILE

hate it," said former Fifth Estate host Linden MacIntyre, who retired from the CBC in 2014 amid a round of cuts.

"In the same way that the darkness seeped into the institution during the (former

prime minister Stephen) Harper era, the light is now going to seep through. And it does have a warming and enlightening effect."

Newly minted Prime Minister Justin Trudeau has prom-

ised to restore \$150 million in annual funding that was cut from CBC/Radio-Canada during the Harper years

Years of budget and staff cuts have taken a toll on employees, said MacIntyre, who



Jian Ghomeshi, fired in 2014, will face trial starting Feb. 1 next year. THE CANADIAN PRESS

pointed to "an ever-increasing morale problem."

A series of embarrassing scandals haven't helped, with Lang's final year tainted by allegations of impropriety concerning her ties to a Royal Bank of Canada board member.

Ian Morrison, a spokesman for the pro-CBC group Friends of Canadian Broadcasting, however questioned whether the extra \$150 million in annual funding would be enough to turn things around.

THE CANADIAN PRESS

IN BRIEF

Canada wins meat dispute

Canada's beef and pork sectors are welcoming a World Trade Organization ruling that allows Canada and Mexico to impose \$1 billion in tariffs on U.S. products. THE CANADIAN PRESS

Provinces sign pact

Manitoba has signed an agreement with Ontario and Quebec to link their cap-and-trade systems. THE CANADIAN PRESS

Oil drags down loonie

The loonie fell to levels not seen since June 2004 as crude oil prices plunged. THE CANADIAN PRESS

market minute

	DOLLAR 74¢ (-0.76¢)
	TSX 13,042.83 (-315.94)
	OIL \$37.65 US (-\$2.32)
	GOLD \$1,075.20 US (-\$8.90)
NATURAL GAS: \$2.067 US (-8.9¢)	
DOW JONES: 17,730.51 (-117.12)	

INTERNET TRAFFIC

Streaming video hogs 70% of downloads, report finds

Streaming has taken over the Internet and now accounts for more than 70 per cent of North American downloads at peak times, up from less than 35 per cent in 2010, according to a report from broadband services company Sandvine.

Netflix makes up a huge part of Internet downloads, the company said, with the streaming service accounting for 37.1 per cent of all downstream traffic in North America during September and October.

YouTube accounted for the second-largest share of download traffic, at 17.9 per cent, followed by regular Internet

37.1%

The percentage of downstream traffic accounted for by Netflix users in North America during September and October.

browsing at 6.1 per cent.

As streaming sites have risen in popularity, the BitTorrent file-sharing service — which some blame for the proliferation of pirated content online — has declined in its share of overall

Internet traffic.

BitTorrent still accounts for more than a quarter of upload traffic, which is substantially lower than download traffic, in part because of the its peer-to-peer design that sees users share parts of files with each other.

Yet the file-sharing service now accounts for less than five per cent of total Internet traffic, down from 31 per cent in 2008.

Despite data caps and small screens, audio and video streaming is also the biggest slice of mobile Internet traffic, accounting for 36.98 per cent of overall traffic at peak times.

THE CANADIAN PRESS

COFFEE

Keurig being sold for \$14 billion

The battle over the world's coffee drinkers is getting hotter.

Keurig, the maker of single-cup coffee machines sitting on millions of kitchen counters, agreed to sell itself Monday for almost \$14 billion US to JAB Holding Co., a private company with a growing java business.

Fans of Keurig may not see much of a difference in their

caffeine fix. JAB Holding said Keurig will operate independently and remain in its headquarters in Vermont.

The Keurig deal will boost JAB Holding's already robust coffee empire. The Luxembourg-based company has a controlling stake in Jacobs Douwe Egberts, the company behind Gevalia, Tassimo and

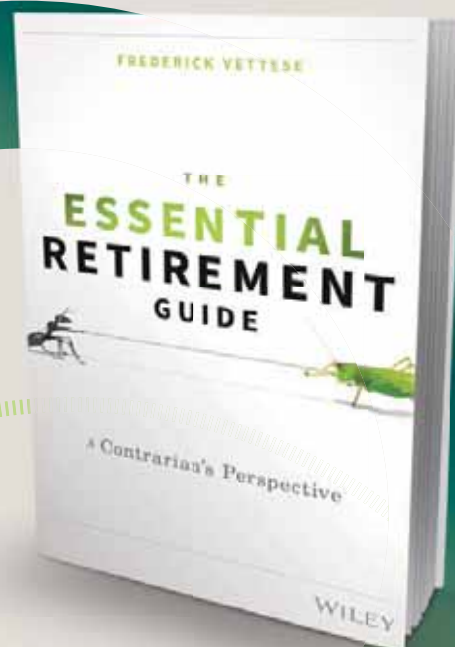
many other brands. Buying Keurig will get JAB Holding closer to coffee market leader Nestle, said Stifel analyst Mark Astrachan, in a note to clients.

The deal comes as Keurig has reported slowing sales of its machines and K-cups, the coffee-filled pods that are used in Keurig's machines.

THE ASSOCIATED PRESS

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EMMA TEITEL: ON SEASONAL SOFT-PEDALLING

Enough with the Happy Holidays, already. We all know what that phrase means. So own it.



Merry Christmas or Happy Holidays? Which season's greeting — the Christian or the non-denominational — should you use in polite conversation with strangers at the mall or acquaintances at the office?

Conventional liberal wisdom tells us that Happy Holidays is the correct greeting, as not everyone celebrates Christmas, and assuming they do is presumptuous and anti-pluralist. Conventional conservative wisdom, meanwhile, dictates the opposite: there is no harm in wishing a stranger Merry Christmas, because most people in North America are Christians anyway, so your chances of offending somebody are fairly slim (And besides, people are just too sensitive these days.)

Some traditionalists, like U.S. presidential candidate Donald Trump, take the conservative, unapologetic Christmas stance to the extreme. When Trump discovered last month that Starbucks released a new line of plain red, holiday coffee cups devoid of the usual Christmas imagery (wreaths, reindeer etc.) the tawny Republican businessman contemplated launching a boycott of the coffee chain.

As a Jew who has never celebrated Christmas, I should probably appreciate Starbucks' new line of inclusive cups and the concerted effort



Tongue-tied at Yuletide. Ever feel like you're awash in Santas but don't want to offend anybody by saying Merry Christmas? Maybe just go with it.

BALAZS MOHAI/MTI VIA ASSOCIATED PRESS

by shopkeepers and bank tellers to say Happy Holidays instead of Merry Christmas. But every year I find myself growing increasingly uncomfortable with Happy Holidays and warming up to Merry Christmas as a catch-all greeting in public. Unlike Trump, however, my discomfort with Happy Holidays doesn't stem from the notion that the phrase is too inclusive, but rather that it isn't inclusive at all.

The truth is that there is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green. When you buy a Starbucks latte in a bright red holiday cup, or are handed a candy cane by your bank teller who wishes you "Happy Holidays," you know very well the sentiment is not Happy Hanukkah or Happy Diwali, but Merry Christmas! When you go to Pier 1 and every scented candle smells like "mulled wine," "pine needles," and "peppermint crème," you

know you aren't smelling Hanukkah or Kwanza: you're smelling Christmas! "Happy Holidays" and the culture that permeates the phrase, from neutral coffee cups, to inflatable reindeer in the shopping mall (as opposed to nativity scenes) are not symbols of inclusivity, they are slightly watered down odes to Christmas; a way in which well-meaning liberal Christians and corporations can have their Christmas cake and eat it, too. If it looks like Christmas, smells like Christmas and sounds like Christmas — it's Christmas! So you might as well just come out and say it: Merry Christmas.

This doesn't mean Jews, Muslims, Hindus and other groups who don't celebrate the birth of Christ suffer a great injustice every time they go to the mall or the bank, or Pier 1 during the holidays. (As far as scented candles go, the only thing I can imagine grosser than a mulled wine candle is a candle that smells like Manischewitz). What we

do experience, rather, is the illusion of inclusivity. Take greeting cards as a prime example. Almost every time I enter a mainstream greeting card store and ask where the Hanukkah cards are I am told the following — "We don't have any Hanukkah-specific cards, but we do have several neutral, 'Happy Holidays' cards." I am then pointed toward a stack of greeting cards that are awash in Christmas colours and decked out with snowmen, wreaths, stockings, gingerbread men — and all manner of sparkly things that are decidedly un-Kosher. "Happy Holidays" is not religion neutral; it is Christmas lite.

It is unrealistic and frankly unreasonable to expect stores to carry a wide variety of Hanukkah cards for what is a very small religious minority, just as it is unrealistic to expect businesses and community centres to adorn their walls with stars of David. But it isn't the lack of non-Christmas-themed items and decorations I take umbrage with. It's the phoney nod to religious pluralism; the belief that substituting a Christian phrase with a neutral one will neutralize the culture around it. It pains me greatly to write this, but perhaps where season greetings are concerned Donald Trump is correct.

Better a heartfelt "Merry Christmas" than a disingenuous "Happy Holidays."

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview



ISIL sees itself as more than a 'death cult.' We should, too.

The municipal budget includes line items for income from stolen sheep, cows and houses. That's on top of taxes levied, according to a former resident, just about any time the authorities felt like it.

And you thought you hated the taxman.

The budget would be funny if it didn't come from ISIL. The document is one of many obtained by Aymenn al-Tamimi, a research fellow at the Middle East Forum.

It's fascinating not just for its odd list of revenues and expenditures (about half of the former from selling stolen antiquities, about half of the latter funnelled to militants) but because it was smuggled out of ISIL territory in Syria. And in the hands of the Planet Money radio program, the document becomes the backbone for a behind-the-scenes look at the idiosyncratic bureaucracy of a terrorist state.

For example, there's a minister of antiquities whose job it is to regulate the looting of ancient artifacts. Looters even need special certificates.

This is just one of the little windows we're getting into the domestic side of ISIL. The Guardian published a story yesterday revealing a leaked memo that spells out the group's vision of statehood, including the creation of government departments, a propaganda operation and a foreign-relations strategy.

In a widely circulated New

York Times article, people who've fled ISIL-controlled towns describe disarray and an authority not all that great at actually running a state. These stories are crucial to fighting terrorism. And in politics, they're being ignored.

Debates on how to defeat ISIL focus heavily on military action — from President Obama preaching resolve on national TV Sunday night to the Conservatives demanding airstrikes during the first question period Monday — and that leaves the public with a skewed view.

War only offers a destructive solution. It doesn't explain how to give stability and order to the lives of those currently paying taxes to ISIL. It doesn't refute the twisted ideology of a group purporting to be as dedicated to sustaining as it is to killing.

"Death cult" has become a fashionable phrase for ISIL that, while technically accurate, isn't exactly descriptive of a group collecting taxes, handing out salaries and drafting a municipal budget.

If we refuse to see the most complete picture we can draw of ISIL how can we beat it?

As if fulfilling the prophecy of the war rhetoric, a majority of Americans now approve sending in ground troops.

The public, in the end, deserves more nuance from politicians and the media. And so far, the media is the only one doing its job.

There is nothing non-denominational or neutral about "Happy Holidays" when the greeting is consistently offered in a sea of red and green.

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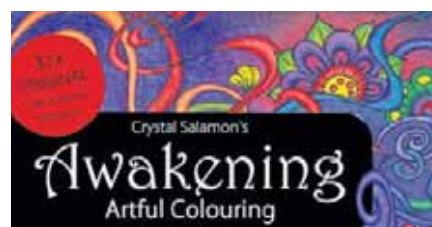
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PAUL THEOURE

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+ THE ARTIST

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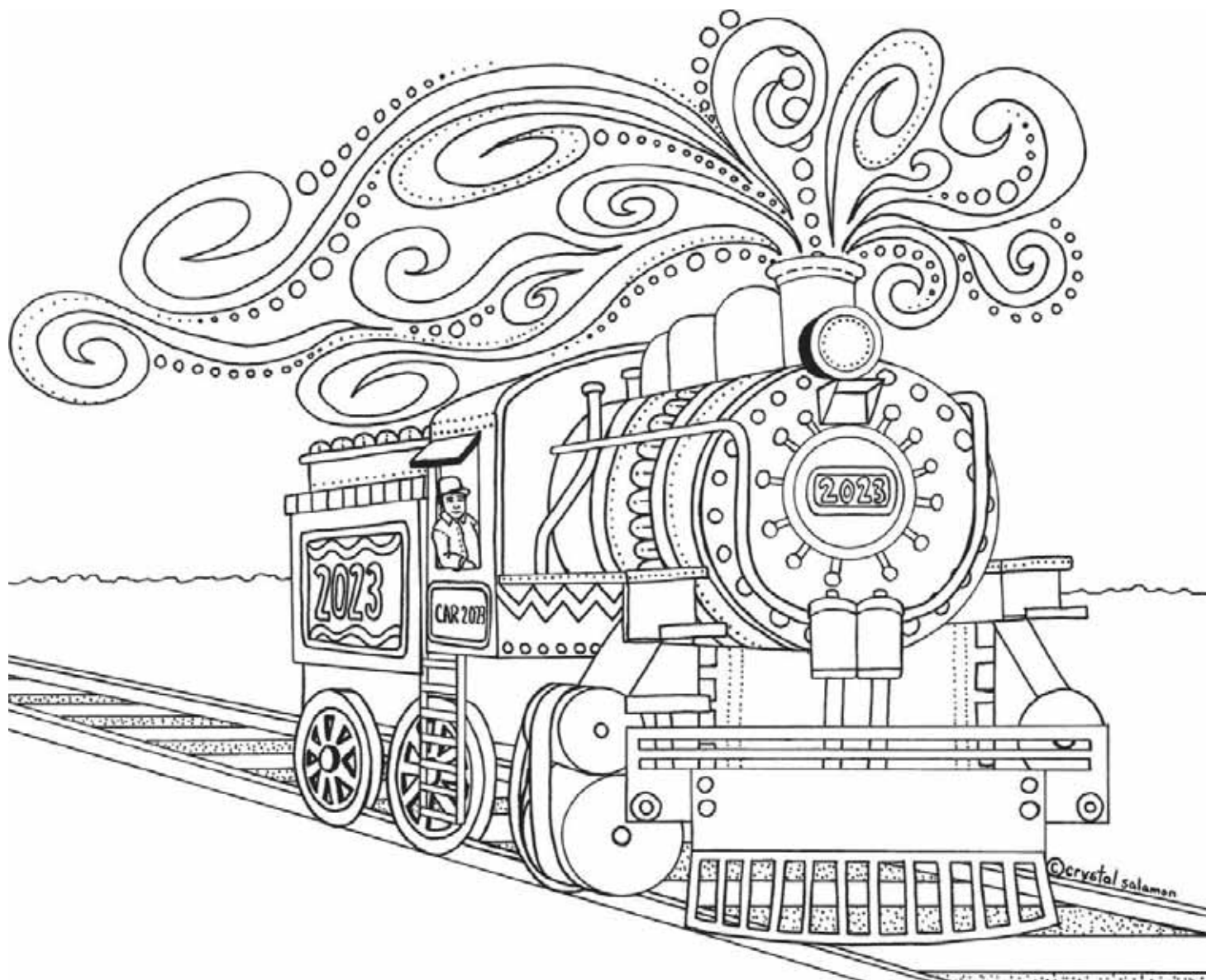
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It's OK! Eat, drink and be merry

CHRISTMAS DINNER

How to join the turkey and stockings and get pleasantly stuffed

When it comes to stuffing your face, there's a time and place.

That time? The holidays. That place? Probably your family dining room table.

"I couldn't care less about calories," says Shauna Lindzon, a Toronto-based registered dietitian. "When you're with your family, you're there to enjoy your family and have fun."

Instead of beating yourself up over an expanding waistline, Lindzon advocates for mindful holiday eating and shrewd plate building strategies.

"My tip is to fill up half the plate with at least two different-coloured vegetables," she says. "That provides our fibre. So that will help keep us full."

The remainder of the plate should be one-quarter protein — be it turkey, ham, salmon or a vegetarian chili — and the other quarter whole grains, such as quinoa, she says.

If you really want to pack in the nutrients, choose cranberry sauce over gravy and eat mashed potatoes with the skins on, if possible.

As for alcohol, Lindzon prefers people eat their calories, not drink them.

If you're going to imbibe, drink water or sparkling water between drinks — this will help keep you hydrated, hopefully softening the blow of the hangover the next day, she says. If you really want to play it safe, she recommends steering clear of alcoholic drinks mixed with pop, and choose white wine spritzers instead. Try not to have more than one drink an hour to give your liver a chance to process the alcohol. Another tip: ranking your desserts.

"If you're not so into it — if you would rate it a two or a three out of 10 — forego it," says Lindzon. If you love chocolate cake and you would rate that as your 10/10 most delicious treat, eat the whole thing." TORSTAR NEWS SERVICE

FESTIVE FOODS WHAT A 200-CALORIE SERVING LOOKS LIKE

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CRANBERRY SAUCE
125 mL, 0.2 g fat,
55 g sugar



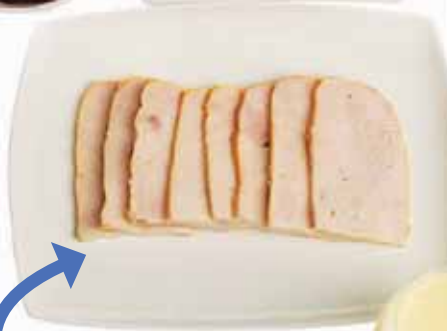
RED WINE
237 mL, 0 g fat,
1.4 g sugar



HOT CHOCOLATE
(made with 2 per cent milk) 250 mL,
6 g fat, 25 g sugar



ROASTED TURKEY BREAST
170 g, 2.8 g fat, 0 g sugar



EGGNOG
160 mL, 15 g fat,
15 g sugar



GINGERBREAD COOKIE
45 g, 11 g fat,
17 g sugar



ULTIMATELY, JUST CHILL OUT
"It's only one day out of the year. It matters how you eat the other 364 days," says dietician Shauna Lindzon.

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There's no illusion in tempting fate

THE TRICK WITH THE GUN

Doc gives close-up look at a deadly sleight of hand

Richard Crouse
For Metro Canada



Scott Hammell did the unthinkable. He asked someone to load a gun, point it at him and pull the trigger. He doesn't have a death wish, he's a magician and the subject of a new documentary, *The Trick with the Gun*, that details the planning and performing of the most dangerous illusion ever devised, the Bullet Catch.

Fourteen magicians have died attempting it and the most famous conjurer of all time, Houdini, never even tried it. Hammell says the trick is risky but, "there are safe ways of doing things that are seemingly extremely dangerous."

He adds, "obviously things can go wrong and that can have

a catastrophic chain reaction."

There is always room for error and sometimes magicians get hurt or even killed on stage.

Hammell gave Metro an exclusive list of the five most dangerous — and potentially fatal — tricks ever performed on stage.

Spike

"It starts with a spike sticking through a piece of wood covered with a paper cup or a paper bag. The audience mixes them up and one-by-one the magician slams his or her hands down on the other identical looking cups or bags. The idea is to leave the last bag and you remove it to show the spike still there.

"I cringe whenever I see that. Magicians work with their hands and you screw that up and there goes your career."

Russian Roulette

"A mentalist from Britain called Maurice Fogel used six guns all with live bullets. He would take one of the guns and fire it at a balloon or dinner plate to prove it was loaded.

"He'd then mix up the guns and choose the gun he wanted



Filmmaker Chris Gudgeon, left, and Scott Hammell at their first shooting lesson. CONTRIBUTED

pointed at him. On the count of three the marksmen would pull the triggers and hopefully the one pointed at him is empty. He screwed that one up three times.

"Got shot just above the eye one time and in the chest another time."

Houdini's Water Torture Cell

"The underwater stuff can be really dangerous because it's hard to communicate with your assistants if something goes wrong.

"If something does go wrong chances are you're finding out

about it at the last minute, which does not give them much time to get you out and resuscitate you."

Buried Alive

"This trick dates back thousands of years and has definitely cost a few magicians their

lives. Joseph Burrus attempted to perform it on Halloween, the anniversary of Houdini's death. I guess he didn't account for the weight of the cement he was being buried in.

"They couldn't get him out in time and unfortunately he suffocated.

"Sometimes you get so wrapped up in a trick you forget the little details which turn out to be the big details."

The Bullet Catch

"This is the one that has certainly cost the most magicians their lives.

"Penn and Teller call it the most dangerous trick in show business, beyond just magic. I would tend to agree.

"I'm not too familiar with the stunt world but I don't think there are too many stunts in movies or television that have cost so many people their lives and yet people continue to do it."

Watch Hammell perform the world's most dangerous trick in *The Trick with the Gun* on Vimeo-On-Demand or on Super Channel starting Tuesday, December 8.

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LEARNING CURVE

Streamline your studying



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For students across Canada, December is one of the most stressful months of the year. Classes may be over, but now comes the hard part — putting everything you've learned to use in acing your final exams and papers.

Former University of Winnipeg professor David Navratil knows all about the process from both sides. With a number of degrees under his belt, Navratil has spent many years as a post-secondary student. While he finished his education, he also worked as professor which gave him the opportunity to pass down his hard-earned tips to success.

Navratil says that the biggest favour students can do themselves is to condense the huge amount of course material they have to work with.

"Read carefully over all the notes that you've taken and any notes that have

been handed out by the class," he says.

"Take that and start a separate notes page. I always try to glean the key info from the notes the professors give you. The idea being, let's say you have 100 pages you're now cutting down to five to 10 pages of notes with just the key points on there."

He also suggests using the time you have. An exam that's two weeks away should mean 14 days of studying, even if it's only an hour or two a day. It makes a big difference. University of Winnipeg tutor and former student Stefanie Lasuik agrees that having time means you should be using it.

"I would say studying should be constant, but break it up a little bit," she says. "I mean cramming, obviously no one wants to do that. Sleep is really important when you're studying, especially the

night before... if you want to cram that extra hour, that hour's probably going to be better spent sleeping."

When it comes to boosting that mark from a B to an A, Navratil says you've got to impress your professors.

"Always cite material you've taken in the course if you've got a written exam," he says. "If you can reference material it impresses the professors that you can be really specific."

When it comes to exams on topics that involve equations, such as math, practice is your best friend. Because exams are timed, being comfortable with the material will improve your speed.

"It's an unnatural setting," he said. "If it takes you a long time to do equations, you really have to prep because that will make it easier."

— ALANA TRACHENKO

Columbia program for those who love children

The education assistant program at Columbia College has been designed for people who are passionate in helping children to become educated, regardless of their age, abilities or social background.

"This career is rewarding because you get to help people — particularly children — who need support in the education field, and you get paid for doing so," says Tobias Mwandala, MSW, RSW, director human services programs, Columbia College.

Students in this program will learn skills, knowledge, behaviours and attitudes needed to succeed as an education assistant.

They will learn about inclusive education and how to be best supportive with children with various needs and exceptionalities.

The program has evening classes (from 5:30 p.m. until 9 p.m.) and weekend classes (Saturdays from 8:30 a.m. until 5 p.m.), and can be completed in six months.

Columbia College is invested in sup-

porting student success and most of graduates are employed as soon as after they complete the program, as education assistants in schools.

Other employment opportunities may include early intervention programs, child care centres, private agencies, and other learning institutions.

Columbia College also provides a nonviolent crisis intervention (CPI) course and certificate to students as part of their practicum training.

"The CPI course prepares our students to respond to crisis in a healthy and non-violent manner," says Mwandala.

For more information about the education assistant program at Columbia College, visit www.columbia.ab.ca.



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Train at Robertson for the right career

The New Year is always a time to reflect and set goals for ones self — and what better way to start the New Year by training for a new career.

Many programs at Robertson College starting in the New Year can have you working in a new career in 2016.

“At Robertson College we do not limit our class offerings to once or twice per year,” says Cheryl Stock, assistant campus director, Robertson College, Calgary.

“Classes typically start every two to three months, which allows for great flexibility for our students.”

So there is no need to put off higher learning until September.

This January, Robertson College has many programs starting in the fields of health, business and IT including health care aide, pharmacy technician, health unit clerk, network security technician, and business administration management.

There are even more programming op-

tions available in the month of February, including the legal assistant program, and community support worker program.

Most classes start at 8 a.m. and end by noon or 1 p.m., so there is still plenty of time to hold on to a part-time job, or have time for family commitments.

Robertson College does offer some afternoon, evening and weekend class options as well, for those who have commitments in the day.

“Our admissions advisors work with students to ensure that the program they enroll in is suitable for them and their career goals,” says Stock.

“They discuss the program and specifics of the job they are training for, to ensure the decision is an informed one.”

This is a complimentary meeting which allows students to explore the options available to them.

The career services department can also help students who are about to complete



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their programs of study (or have already completed) find employment.


Stock says the average job placement rate is 81 per cent, with a few of Robertson's programs having a 100 per cent job placement rate.

“Our programs are developed with input

from individuals from the various markets,” says Stock.

“This is to ensure that graduates of our programs are in high demand.”

For more information about the programs starting in the New Year, please visit robertsoncollege.com/campuses/Calgary.



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Kick-start your hands-on career at ABM College

ABM College is a vocational college located in the heart of Calgary's northeast, conveniently located near Whitehorn C-train station, providing an accessible route for students who take public transit.

The college has a multitude of programs for students of various backgrounds, ranging from business to health and beauty.

One of the college's most successful programs is the massage therapy program.

Massage therapy has gained notoriety over the last decade as medical professionals, and the public have come to realize the distinct benefits of massage for stress relief, rehabilitation, and athletic performance.

ABM College is proud to offer a specialized program that prepares graduates for employment as massage therapists with a 100 per cent employment rate, and a starting salary of \$50 an hour.

"Following my graduation from ABM College, I received six calls for interviews within one week," says Shoeb Sheikh, massage therapist.

"I am now employed by a reputable health and wellness organization based in Calgary."

The 88-week program focuses on a combination of academic theory, and hands-on learning.

Students are taught the basics of anatomy, massage treatment principles, stress relief, rehabilitation and much more.

If you want to be part of this growing profession, now is the perfect time to get started.

Make sure to book your advisory appointment soon, as this course is quickly filling up.

To learn more about the massage therapy program, visit www.abmcollege.com.



Content Solutions

Take on the financial control

If you're a meticulous, analytical thinker at a career crossroads and you're looking for something new and challenging, consider Accounting and Payroll Administration.

The 43-week Accounting and Payroll Administration program at Reeves College provides an intensive immersion into accounting and payroll fundamentals that will poise you for a career with challenging and rewarding new responsibilities.

The program teaches students to thoroughly understand the business accounting and payroll cycle, including providing them a firm grounding in double entry bookkeeping, income tax, pensions, accounting software, and fundamental administrative skills.

When you're working in any office, basic computer skills are a must. That's why the Reeves College Accounting and Payroll Administration program provides extensive training and practice in the full Microsoft



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Office suite, including Access, Excel, Word, Outlook, and PowerPoint.

Human resources is another important area that Accounting and Payroll Administration professionals should be well-versed in. The Accounting and Payroll Administration program at Reeves College prepares students on how to manage various aspects of HR, from hiring to performance appraisal.

These and other highly relevant and engaging courses will position graduates to enter straight into the field in jobs such as accounting clerk, audit clerk, tax return preparer, bank clerk and payroll officer.

For more information on the Accounting and Payroll Administration program at Reeves College, visit study.reevescollege.ca, or call 1-800-533-1457.

EXPAND KNOWLEDGE AT ACADEMY OF LEARNING

Nazila Fateh already had a master's degree and successful career in the field of business management in Iran before moving to Canada.

Before coming to Canada in 2014, Fateh was working in a bank for seven years as a manager of international transaction department (documentary credits) in commercial banking domain.

But after being in Canada for a short period of time, she decided to update her knowledge based on Canadian management and economic environments.

That is when she decided to enroll in the business management program at Academy of Learning Career College.

"It is a well-known and good reputed college with the high rate of employment,"

says Fateh. "It is not just a local college, it is Canada-wide, so the diploma recognized all over Canada and the location is close to my home."



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When it came to choosing a school to expand her knowledge, she was also looking for a school that would offer her support, as well as a program that would allow her to work part time while she studied.

"It is a good college with flexible timing, well-developed course and help is always there," says Fateh.

When she completes her training at Academy of Learning, Fateh's goal is to get a good job based on her education and develop her career in this field in the Canadian market.

Visit www.academyoflearning.ab.ca for more information.

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WHAT DID YOU LEARN THIS YEAR?

Depending on what your major is, hopefully you learned more about calculus, forestry or inner-city development. But more importantly, this past semester has been a time for students to simply become better students. How and when to study, when to take a break and how to shut off social media are all important skills that students must learn. For many, staying on track is a long-standing challenge.

"My biggest challenge this semester was staying focused on the work at hand," said University of Winnipeg student Adrienne Tessier. "I would constantly be distracted by looking at graduate programs or law schools. I think it comes from getting closer to the end of my degree. But I'm learning that I can't leapfrog over my undergrad if I want to both enjoy this time and reach where I want to be."

Tessier is in her third year of a honours degree in political science. She says that while getting good marks is always a priority, her

number one goal is to enjoy herself along the way. "Mental health is important," she says.

Fourth year biological sciences student Tobi Nifesi says his biggest obstacle this past semester was time management. Nifesi finds visual scheduling to be a useful tool.

"I tackle it by making a mental list of priorities based on urgency and importance," he says. "I give myself deadlines and use a productivity board."

Already preparing for another semester, Nifesi says he would advise students in his shoes to be realistic about how much work they'll be able to do.

"Be realistic and practical with your time," he suggests. "Don't take on more than you can chew... and don't play first, work later. There will be enough time for play if you finish your work earlier." With only a few courses left in his undergrad, Nifesi says his goal is simple: "Ace them." When it comes to majors like politics that can be subjective in nature, you tend to get out what you put in.



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Tessier suggests asking questions and examining different angles.

"Examine the viewpoints that you're being taught," she says. "So much of politics is inquiring about things for yourself, especially if you want to get the most out of your degree."

Her study hack is a Chrome extension

called Strict Workflow, which blocks any websites that tend to be procrastination go-to's. For Nifesi, a quiet room without too many distractions does the trick.

"Somewhere without too many windows works for me," he says.

— ALANA TRACHENKO

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An ABES education beyond expectations

A career as a health-care aide is anything but boring. Working as a health-care aide is a great option for anyone who enjoys working with people in an active role, versus being alone in an office.

For those who are interested in working with people in a caring and giving capacity, the Calgary health care aide or nursing assistant programs offered through ABES (Alberta Business and Educational Services) can help you get started in the health-care field.

"You may have heard of other titles, such as personal care assistant, nursing assistant or home health aide — all of which fall under the umbrella of "health-care aide," says Julie Wright, campus coordinator, ABES.

"With our health care aide program, you can become fully qualified to work in a hospital, nursing home, group home, care facility in just 21 weeks, with the health of Calgary's most specialized post-secondary school: (ABES)."

A health-care aide is an all-encompassing

assistant for patients and other care workers.

"As a health-care aide, you will make a difference in patients' lives as you get to know them personally and help them with their needs," says Wright.

For graduate Namita Nair, she was looking to make a difference in the lives of others when she decided to enroll at ABES — a decision she is happy she made.

"The things I got from ABES were way beyond my expectation," says Nair.

"I really liked the educational environment and friendly staff. I met amazing students and learned a lot throughout the program."

Nair says the staff were very friendly, the materials provided were excellent and the clinical and practicum offered were very helpful for the program and gaining knowledge.

By the time students graduate, they will have completed at least three clinical rotations arranged throughout the program.



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"We believe that everyone has the right to superior education and training, and are excited to get you, as well as all residents of Calgary, Edmonton, and Lethbridge, started

on your journey to a rewarding job as a Calgary health-care aide," Wright says.

For more information about this program, or ABES, visit www.abes.ca

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The ADLC prescription for learning

Working 40 hours a week at the family drug store, as well as running a small indie-record label and promoting all-ages music shows at the age of 16, did not leave Gareth Lukes a lot of time left for high school.

Working at Lukes Drug Store — a Calgary landmark founded by his grandfather in 1951 — saw Lukes working every position needed, from cleaning to working in the post office.

“I think that’s part of any family business — you have to work,” says Lukes.

“It was convenient, and my dad always needed people to work, so I always got stuck working odd hours.”

Despite the strain on his time, Lukes still wanted a solid high school education, so he turned to distance education through Alberta Distance Learning Centre (ADLC).

“It was really nice because with ADLC, you could use 18 months to complete a course, and that was huge because there’d be times where I’d be so busy I didn’t have time to work on the school stuff,” Lukes says.

“Then at other times it’d be a lot slower, so I’d be able to do things at my own pace, which was really nice.”

Another one of the perks that Lukes found through his ADLC education, was the work experience course, where he was able to turn his work at the family drug store into school credit.

Since completing his studies with ADLC, Lukes has taken over the day-to-day operations of the store and has noticed a shift in the need for traditional drug stores.

So he started selling vinyl records, specialized food products, paper goods, and added a coffee bar — while maintaining the pharmacy and post office services.

Through the help of ADLC, Lukes is now a student at the University of Calgary’s Haskayne School of Business.

Although happy with education at uCalgary, Lukes wishes he was able to finish the rest of it through distance education, because the success of the original store has led him to open other locations in Calgary and Vancouver.

For more information about how you can get your education working for you through Alberta Distance Learning Centre, call 1-866-774-5333, or visit adlc.ca.

The next generation of energy leaders

The energy business is dynamic and complicated and it is constantly changing. The global energy executive MBA (GeEMBA) program offered through the Haskayne School of Business, University of Calgary, aims to prepare the next generation of leaders in the global energy industry.

While this program is a bit on the costly side, what individuals learn will be extremely valuable in working in such a complex and evolving energy climate.

“There’s never been a better time to invest in your future and the future of energy,” says Dr. Harrie Vredenburg, Suncor Energy chair in Strategy and Sustainability, academic director of the global energy executive MBA.

“The program will provide the learning and leadership skills that transform high-potential managers into creative, strategic executives who know how to capitalize on opportunities, get results and lead an organization.”

This program is designed to build high potential individuals to become the next senior

executive leadership of the world’s energy industry.

Graduates of the GeEMBA have a first-class MBA education combined with a well-honed in-depth understanding of the global energy industry developed from visiting important global energy centres, and seeing energy facilities first-hand and conversing with local energy leaders, all while working with a cohort from around the world who become a critical personal professional network.

With residential modules with field visits in London, Beijing, Doha, Houston and Calgary, plus online learning, this program develops senior industry and government executives from around the world to provide insightful and enlightened leadership to their organizations in the increasingly complex contemporary world of energy and sustainability.

“It is a global program which prides itself in academic excellence, an international cohort and industry expertise,” Vredenburg says.

“This program has the rigor and credibility



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of an MBA, combined with the focus on the energy business.”

Vredenburg says this program is life changing.

“Those who graduate from this program will change the world,” says Vredenburg.

“The experience in this 20-month program would take up to 10 years to obtain in the workforce. The program focuses on applicability from day one.”

For more information about the GeEMBA program at Haskayne, visit energyemba.com.



Wishing you the best of the season!

For over 90 years, Alberta Distance Learning Centre | ADLC has offered Albertans paths to education that fit their busy lives. With premium print and online educational opportunities available, students from Grade 1 through 12, and adults taking life to the next level, can learn on demand with support from professional teachers.

For more information on programs and courses, visit adlc.ca
1-866-774-5333

ADLC

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CARING CAREERS BEGIN AT MRU

Dementia care is not easy work, but it is fulfilling when you are prepared and compassionate in your approaches.

The dementia care certificate of completion program offered through the Faculty of Continuing Education at Mount Royal University can help anyone working with older adults to become more knowledgeable about dementia care and practice.

"The area of dementia care is growing as our population ages," says Sandra Gordon BN, MN, GNC(c), associate professor in the School of Nursing and Midwifery, MRU.

"Persons experiencing dementia are living longer and cross over the health care continuum from primary care to palliative care."

This program was developed as a dementia care certificate for health care aides and other unregulated workers caring directly for persons experiencing a dementia within a long term care facility.

"It is very practice focused using reflection on practice as a way of understanding relational practice and personhood approaches to dementia care," Gordon says.

"Since the launch we have had several health care professionals take the course as a way of developing skills for working with the older adult population in acute care and community."

The three modules within the certificate program move from awareness of dementia as a disease process to understanding the complexity of caring for older adults living with a dementia, as well as how to work with families as care partners.

The program looks at principles of relational practice and personhood as a means of developing skills with individual persons experiencing a dementia.

For more information about this program, visit conted.mtroyal.ca/dementia.



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Drive away with an MRU automotive sale certificate

Automobiles are not so much wants as they are needs.

To assist individuals with their car buying needs, the new four-day automotive sales certificate of completion program offered through the Faculty of Continuing Education and Extension at Mount Royal University, individuals in automotive sales (or those interested in this field), can train to be more effective at their job.

"There are so many variables to why people trade and buy cars," says William Gourley, automotive sales course instructor.

"It is not so much that they like or dislike the vehicle as they incur lifestyle changes –such as more kids, less kids, job changes, more travelling, gas efficiency, will not tow new trailer, new technologies and safety options."

Accidents also happen, and often create a need for individuals to purchase a replacement vehicle.

So regardless of the economic climate, the need for vehicles is always present.

"In times of a flat economy, there is an increased focus on purchasing a used car as

oppose to a new one," says Gourley.

"Sales representatives should follow up even more frequent with customers even in a slumping economy."

For those already in the industry, automotive training is an investment not a liability.

"The top producing dealerships always have consistent training for their team," says Gourley.

"Anytime is a great time to enroll, but late winter and early spring will give you the advantage of gaining experience and preparation for the lucrative spring and summer selling season."

The next start date for this course is Feb. 22, 2016.

For more information about the automotive sales program, visit conted.mtroyal.ca/automotive.

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Bow Valley MMP grads learn to deliver

The maintenance management professional certificate offered through Continuing Education at the Chiu School of Business, Bow Valley College, was developed and authorized by the Plant Engineering and Maintenance Association of Canada (PEMAC), to provide training and accreditation to those aspiring to, or already in, maintenance management or supervisory positions.

"Certified MMPs are qualified to provide cost effective management for the physical assets of a business," says Natascha Doiron, coordinator Continuing Education, Chiu School of Business.

"BVC has been selected from PEMAC to offer the MMP program in this area as we stay focused on learning that supports the specific requirements of industries and workplaces."

This certificate is designed for any individual who works in a maintenance department, including maintenance technicians, maintenance planners, reliability engineers, maintenance engineers, maintenance man-

agers, maintenance schedulers, maintenance supervisors, maintenance superintendents, maintenance VPs, and maintenance directors.

"The MMP program has received excellent feedback from course participants who consistently say that they learned industry-relevant skills, built confidence in their performance, and are better able to provide the company continuous improvement initiatives," says Doiron.

"MMP has been successful at attracting top employees who are committed in continuous improvement and learning — the employee benefits from the recognition of a professional designation, and the employer benefits from having employees with the skills, professionalism, and common language of a successful workforce."

Graduates of this program have the knowledge and skills to drive improvements in uptime, production capacity, equipment reliability, safety, environmental compliance, economic life of assets, provide return on



CONTRIBUTED

investments, and deliver effective communication between departments.

The MMP program meets the needs of working, early and mid-career professionals as a participant can reasonably take up to three courses per year while working full time.

The courses are scheduled in a manner that will allow students to finish the certi-

cate in one to two years.

This program is recognized by the Alberta Blue Seal.

If you are seeking only focused training in selected areas, you can also take individual MMP courses.

For more information about the MMP certificate, visit coned.bowvalleycollege.ca/certificates.

Dynamic careers from CDI College

Become a valued member of the health-care profession

Are you ready to advance your office administration skills to a new level? Medical office administration is a rewarding career choice for meticulous, organized individuals who have a passion for helping others. The Medical Office Administration diploma at CDI College helps graduates kick-start a career in this dynamic profession.

Courses in the program at CDI College ensure students come away with the most up-to-date office administration skills, including skills in Microsoft Outlook, Word and Excel. The program also offers students the opportunity to polish their professional skills, business writing and keyboarding, so they will come away with all the basics they need to work effectively in an office environment.

Add to that the engaging medical knowledge students will be immersed in. The Medical Office Administration diploma at CDI College offers courses covering the basic knowledge graduates will need to work with specialist doctors including



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urologists, endocrinologists (hormone specialists), neurologists, gynecologists and otolaryngologists (ear, nose and throat doctors).

Graduates from the program are supported through CDI College's Career and Employment Services department, which assists students in their job search. Former graduates have gone on to work in diverse environments, including hospitals, private medical practices and clinics.

If you have an interest in medicine and working with the public, a career in Medical Office Administration may be for you.

For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

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Denver Broncos QB Peyton Manning will suit up and throw outdoors this week as he begins his comeback from a torn plantar fascia

Going from first to worst

CFL

Jones takes head coach/GM position with Roughriders

Chris Jones comes from the southern United States, where football is akin to religion. He sees the same dedication to the sport in his new CFL home.

Jones was introduced Monday as the new head coach, general manager and vice-president of football operations of the Saskatchewan Roughriders, ending weeks of speculation about the Grey Cup-winning coach's future.

Jones, who led the Edmonton Eskimos to a CFL championship this season, says he's looking forward to working in Saskatchewan, which boasts a fervent fan base. "I'm from a little, small place down in Tennessee, town called South Pittsburg ... and to have this opportunity, I woke up this morning with a smile on my face," Jones said at a news conference at Mosaic Stadium in Regina.

"Football matters a whole lot down south, and it matters a whole lot here, and that hinged a lot on my decision."

Jones will have his work cut out for him, inheriting a

Roughriders team that struggled mightily last season en route to a league-worst 3-15 record.

Saskatchewan spent half of last season with interim tags on both its head coach and GM after the organization fired coach Corey Chamblin and GM Brendan Taman in September.

Jones wouldn't speculate on his vision for the Riders' future.

"I'm not going to sit here and make any bold predictions or anything like that," he said. "I can tell you that we're going to put a really high-quality, high-character staff together that

enjoys being around each other. We're going to bring in good people first, that happen to be good football players and we're just going to go to work."

He says there are good players on the roster

and it's a matter of adding to an already good product. However, he adds the salary cap "will dictate who can stay and who has to go."

Jones has had success at each of his CFL stops since entering the league in 2002 as a defensive line coach with the Montreal Alouettes. After the Alouettes won the Grey Cup in 2002, he was defensive co-ordinator Calgary's

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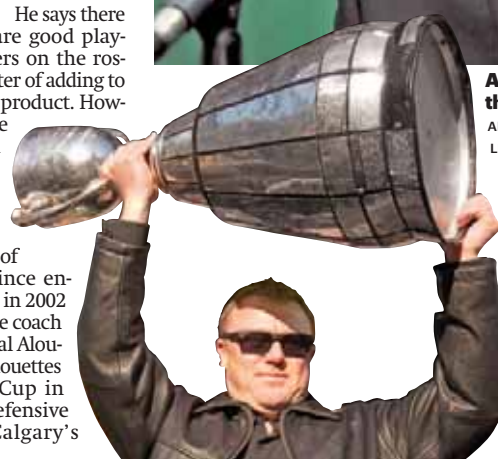
This is an opportunity for him to grow professionally and I wish him well in his future endeavours.

Eskimos GM Ed Hervey



A little more than a week after winning the Grey Cup with the Eskimos, Chris Jones is on the move to Riderville.

ABOVE: MICHAEL BELL/THE CANADIAN PRESS;
LEFT: JASON FRANSON/THE CANADIAN PRESS



championship-winning team in 2008, and defensive co-ordinator, assistant head coach and assistant GM of Toronto's Grey Cup team in 2012.

He has already demonstrated his ability to turn around a troubled team. The Eskimos had just posted a 4-14 record when Jones took over

after the 2013 season. Two years later, they defeated the Ottawa Redblacks 26-20 to win their first Grey Cup title in a decade.

Jones says he debated staying in Edmonton, but the decision ultimately came down to the chance to do his own thing in Saskatchewan. "When an opportunity like this presents itself, you have to jump at it," he said.

THE CANADIAN PRESS

BLUE BOMBERS

LaPolice returns to head offence

Paul LaPolice is heading back to Winnipeg.

The former Blue Bombers head coach has been hired by the team as its new offensive co-ordinator.

The Blue Bombers tweeted a 19-second video Monday night depicting LaPolice and head coach Mike O'Shea signing a contract and shaking hands.

"Fire it up," LaPolice says in the video after being introduced as the new offensive co-ordinator by O'Shea.



Paul LaPolice
THE CANADIAN PRESS FILE

The 45-year-old LaPolice served as Winnipeg's head coach from 2010 to 2012. He compiled a 16-28 record during that time.

He will replace Marcel Bellefeuille, whose contract was not renewed by the Bombers following the 2015 season.

LaPolice first broke into the CFL as a receivers coach with the Toronto Argonauts in 2000 before joining the Bombers as an offensive co-ordinator and quarterbacks, receivers and running backs coach two years later. He also worked as a receivers coach with the Hamilton Tiger-Cats and Saskatchewan Roughriders.

THE CANADIAN PRESS

IN BRIEF

Arvidsson nets winner as Predators edge Bruins

Viktor Arvidsson scored with 4:56 left, Roman Josi had two goals and the Nashville Predators beat the Boston Bruins 3-2 on Monday. Nashville won for just the third time in its last seven games. Kevan Miller and Loui Eriksson scored for Boston. The Bruins had collected at least one point in each of their last eight games (6-0-2).

Boston's Jonas Gustavsson made 30 saves while Carter Hutton stopped 15 shots. THE ASSOCIATED PRESS

NHL

Gaudreau crucial to revival of Flames

The Calgary Flames are beginning to show flashes of that lightning-in-a-bottle team that made the playoffs last season.

The mediocre Pacific Division is giving them the chance to climb out of the basement if they ignite. Last in the NHL at 10-14-2 on Monday, just six points separated the Flames from the San Jose Sharks sitting second in the division at 14-12-0. The Flames were riding their first back-to-back wins of the season heading into Tuesday's game against the visiting Sharks. Calgary's comeback victories in overtime and a

shootout last week were shades of last season, when they earned 24 of their 97 points when trailing after two periods.

"Those are fun nights, but you've got to gain momentum from them," Flames forward Matt Stajan said. "We know we're fortunate to be in the division we're in right now with a few teams struggling."

The Los Angeles Kings (17-8-1) are pulling away atop the division, but the Sharks, Anaheim Ducks, Arizona Coyotes, Vancouver Canucks and Edmonton Oil-

17

Number of assists Flames' leading scorer Johnny Gaudreau has along with his nine goals.

ers have yet to reach 30 points. So the Flames are not yet in the danger zone despite sitting a dozen points back of where they were after 26 games in 2014-15.

Thanks to sophomore sensation Johnny Gaudreau, the Flames have adapted well to the

new three-on-three overtime with a 6-1 record in it. Gaudreau led the NHL in overtime goals Monday with three and also assisted on two. "I get excited to play three-on-three. Obviously I really like it," Gaudreau said. "Our team has had a lot of success with it so far this season."

Gaudreau, a finalist last season for the Calder Trophy that goes to the NHL's top rookie, leads the Flames in scoring with nine goals and 17 assists. The 23-year-old scored the winner to complete his hat trick in Friday's 5-4 win over Boston.



Flames' young star Johnny Gaudreau. GETTY IMAGES

RECIPE Chickpea and Cauliflower Curry



PHOTO: MAMA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada



Before you even have a chance to tuck into this quick and easy curry, you're going to be won over by its glorious aroma.

Ready in
Prep time: 40 minutes
Serves 6

Ingredients

- 2 Tbsp coconut oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 1/2 inch ginger, minced
- 2 tsp ground coriander
- 2 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 x 28-ounce can of diced tomatoes
- 1 x 15-ounce can of chickpeas, drained and rinsed
- 1 x 15-ounce can of coconut milk
- 1 medium head of cauliflower, cut into florets

- 2 tsp garam masala
- Salt and pepper to taste
- Handful of fresh chopped cilantro, plus more for garnish

Directions

1. In a large Dutch oven, heat the coconut oil over medium heat. Add onion, garlic and ginger and sauté for about 8 to 10 minutes. Stir in the coriander, cumin, cinnamon and turmeric and cook for about 1 minute.

2. Add the tomatoes, chickpeas, coconut milk and cauliflower. Bring mixture to a boil, then reduce the heat to low. Cover and simmer for about 15 minutes. Stir in the garam masala and cook uncovered for 5 to 10 minutes, until it thickens slightly. Season with salt and pepper and stir in fresh cilantro. Serve over brown rice and garnish with a bit more cilantro.

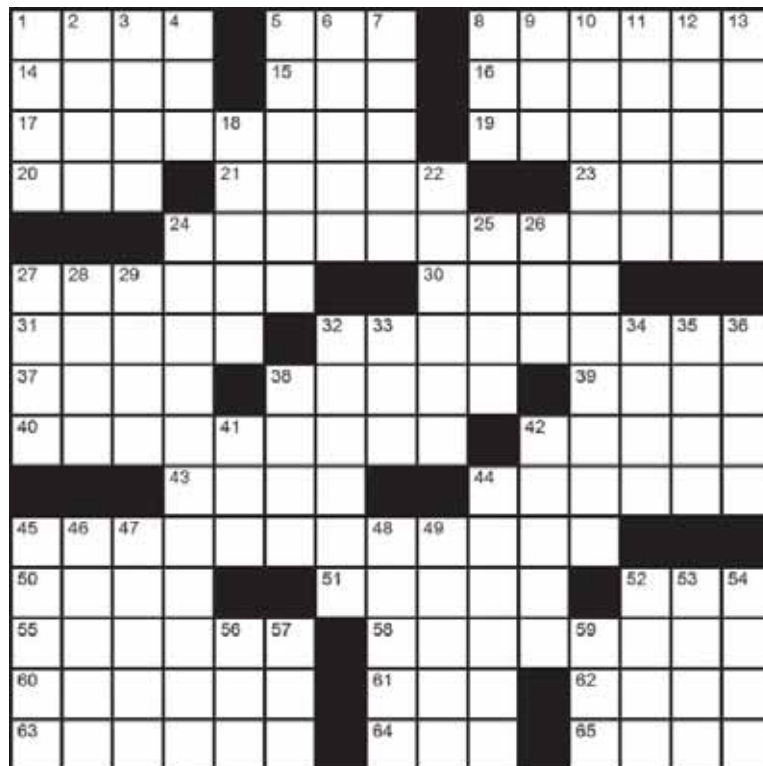
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Calgary __, Airport
5. Possesses
8. Maureen __ (Residences: Homes of Canada's Leaders author)
14. Lawn mower brand
15. Toronto, __
16. Body of work
17. Canada Dry product: 2 wds.
19. Settle
20. Till
21. Marketing ploy, e.g.
23. Evil group on 1960s spy sitcom "Get Smart"
24. Beatles tune Alanis Morissette sang for a John Lennon tribute special in 2001: 2 wds.
27. Secure
30. Lab gel
31. Wins
32. Individual item
37. "It's either her __" (Ultimatum to the unfaithful)
38. Plods wearily along
39. Olivia of "The Wonder Years"
40. Diet advertisement's tape measure locale
42. Sorrow [var. sp.]
43. Multi-revolution figure skating jump, e.g.
44. Mr. Bigalow's
45. Specialist in makeup and skin-care: 2 wds.
50. Earthenware pot
51. Gateway to swipe



- a subway pass
52. She's opposite
55. Ms. Hepburn
58. Nunavik village in northern Quebec meaning "The Giant"
60. Stow cargo in a ship's hold
61. Affirmative gesture

62. Taj Mahal's site
63. More nervous
64. Edmonton cheer starter, "Gimme __ 'I!"
65. React as warm ice

DOWN

1. "The Seven Year __" (1955)

2. Court plea, __ contendere
3. 1983 Spandau Ballet hit
4. High-arc tennis shot
5. "Whoopee!"
6. Both/either conjunction combo
7. Mailing mark
8. "The __ Squad"

9. Bee's follower
10. Exhausted: 2 wds.
11. Mineral water brand
12. George Clooney's medical TV job: acr. + abbr.
13. Actress/singer, Della __
18. Eyewear, col-

- loqually
22. Freezie flavour
24. Topped-with-oats desserts: 2 wds.
25. Aussie footwear faves
26. NBA's Mavericks, on scoreboards
27. Madonna's "Take __"
28. Prefix meaning "Trillion"
29. James Brown and The Rolling Stones are performers in this 1964 concert film, "____ Show"
32. Microscope specimen holders
33. Particle
34. Toiletry item
35. Classic instrument
36. Neithers partners
38. Do in, Medical-style
41. "Tsk!"
42. Eric Clapton band, __ and the Dominos
44. Dupe
45. Brag
46. Rinse, as with a solvent
47. Middle name of astronaut Neil Armstrong
48. Ms. Aguilera, to fans
49. Fasten the name-tag: 2 wds.
52. Massive
53. Dixie Chicks hit: "Goodbye __"
54. Card game
56. Character in Haydn's oratorio The Creation
57. Your, fun-style
59. Toast spread

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may do something today that others will not approve of but you won't change course because of it. If anything you will enjoy being singled out for so much attention. Besides, all publicity is good publicity.

Taurus April 21 - May 21
Your daily routine will be interrupted today and you won't be too happy about it. That said, does your life really need to be so regimented? Maybe you should try to relax a bit.

Gemini May 22 - June 21
Why is it that everyone but you seems to have got it wrong? Why is that no one can see what you can see? Whatever the reason, carry on with your own way of doing things.

Cancer June 22 - July 23
Don't try to reason with certain people because whatever you say they will disagree with. It may annoy you that they are so stubborn but you are like that too sometimes.

Leo July 24 - Aug. 23
To some people the current outlook may seem a bit glum but you can see the bright side in even the darkest situation, so make it your aim to remind them that life can still be fun. But if they remain unconvinced don't let them bring you down too.

Virgo Aug. 24 - Sept. 23
Don't let someone's selfishness or stupidity get to you today. Stay calm and refuse to let your lower nature take control.

Libra Sept. 24 - Oct. 23
If you don't feel like working then don't force yourself. There is no point starting anything too detailed. If possible, keep your powder dry until the new moon comes round on Friday. Then your enthusiasm will return.

Scorpio Oct. 24 - Nov. 22
If you're wondering what might have been that is a sure sign you need to make changes. Give it a few days and it may surprise you how easy it is to transform your life.

Sagittarius Nov. 23 - Dec. 21
There are times when it is smart to keep your thoughts to yourself and this is one of them. Even if a family member pesters you for an opinion today you must bite your tongue.

Capricorn Dec. 22 - Jan. 20
Employers are demanding and what annoys you most is that they change their minds every two minutes. Getting angry will make matters worse.

Aquarius Jan. 21 - Feb. 19
You will do something so strange today that even those who know you well may wonder if you are losing your mind. Maybe you are but either way it's good to keep them on their toes. Don't ever be taken for granted.

Pisces Feb. 20 - March 20
If you rely heavily on emotions then you may stray from the truth. The more you see conspiracies round every corner the more you can be sure that your imagination is playing tricks on you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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